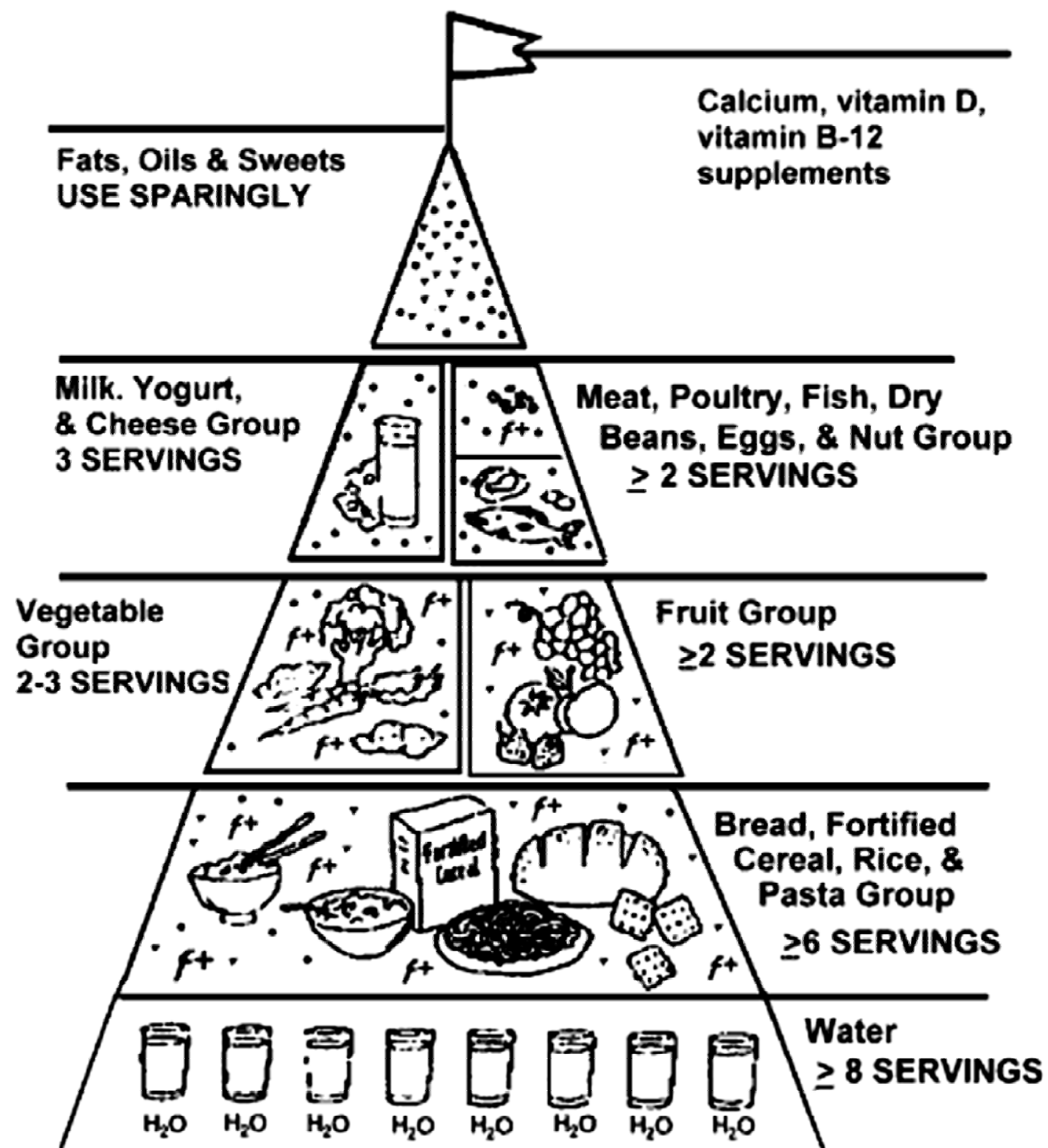


Tuft's Senior Food Guide Pyramid



- fat (naturally occurring and added)
- ▼ sugars (added)
- f+ fiber (should be present)

These symbols show fat, added sugars, and fiber in foods.

Where did all this produce come from?

Farm fresh produce has been made possible by the Senior Farmers' Market Nutrition Program, WSU Cooperative Extension, American Red Cross-Tacoma Pierce County Chapter, Pierce County, and the Emergency Food Network.

This produce you are receiving, broccoli, cauliflower, apples, potatoes, and filberts, all come from family farms in Whatcom, Skagit, Snohomish, and Pierce Counties. Most of this produce was raised without any pesticides. The potatoes and cauliflower have been certified as being raised in an environmentally sound way. Buying from local farms helps keep our farmers in business and gives you fresher food.

STORAGE



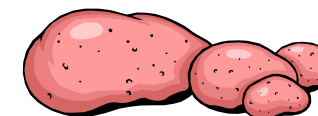
Apples: Store best at about 32 degrees (coldest part of your refrigerator). Keep away from greens, as this will cause the ethylene gas from the apples to promote lettuce and like items to decay.



Broccoli: Likes it very cold. If in good condition and stored with adequate air circulation, broccoli will last 10-14 days. To avoid dehydration, sprinkle crushed ice or water on the top or lay a damp dishtowel over the broccoli.



Cauliflower- likes it in the cold part of the refrigerator. Store head up side down to prevent moisture from accumulating on the head. Store away from apples. Cauliflower will keep up to five days. - Trim off any brown spots before eating.



Potatoes - Ideally potatoes should not be refrigerated. Instead store in a cool, dark area. Too much light will cause them to turn green and acquire a bitter taste. If you need to store your potatoes in the refrigerator- place in brown bag in warmest part of the refrigerator. Potatoes stored in refrigerator will adopt a sweet flavor.



Hazelnuts - Like other nuts, can be kept freshest by storing in an airtight container in the freezer. Take out a few servings at a time and store in a tightly sealed jar or bag.

COOKING AND EATING

Broccoli & Cauliflower



Cabbage's Famous Cousins: Broccoli and Cauliflower

Their official name is "cruciferous" vegetables. Members of the cabbage family, broccoli and cauliflower both offer fiber, B vitamins, Vitamin C, and a little iron. Broccoli additionally offers beta-carotene, a healthy way to get Vitamin A. Science shows that regularly eating cruciferous vegetables helps lower the risk of developing certain cancers. So here are some ways to include them as a regular part of your diet!

- Chop broccoli and cauliflower into small "flowerets." Add to soups, such as chicken and rice, or cream of potato. Simmer until just softened.
- Cut broccoli and cauliflower into bite-size pieces. Add to salads, or have as a snack, dipped into low-fat salad dressing.
- Serve cooked broccoli as a baked potato topper, with melted cheese over all.
- Fold leftover cooked broccoli into an egg scramble or omelet.
- Add cooked cauliflower flowerets to spaghetti sauce, and serve over pasta.
- Combine raw bite-size pieces of cauliflower, broccoli, sliced mushrooms, and red onion. (Onion is optional.) Toss with Italian dressing. Chill for a few hours and enjoy as a tasty side dish.
- Sauté broccoli and cauliflower pieces with your favorite meat and other vegetables. Add teriyaki sauce and cook through. Serve over cooked rice.
- Toss bite-size pieces of broccoli, cauliflower, carrots, and celery with cooked pasta, canned tuna, and Italian dressing for an easy main-dish pasta salad.

Apples



Good.....and Good for You!

With an estimated 7500 varieties of apples grown around the world, this common fruit can add many different colors, textures and flavors to our diet. Nutritionally speaking, apples offer us fiber, water, potassium, and boron. This healthy combination supports the old adage, "An apple a day keeps the doctor away," as these nutrients offer some of the key factors for preventing constipation, heart disease, cancer, stroke and osteoporosis.

Too Tough to Chew?

Apples and dentures, or apples and aging teeth do not always team up well. While the skin on an apple does contain about half of the fiber content of the whole apple, fiber and other nutrients are tucked inside the apple as well. In fact, pectin, a special kind of fiber that may help lower cholesterol, is one nutrient found within the apple. So if chewing an apple is a problem, go ahead and peel it.

Microwaved Baked Apples

Another way to soften apples is to make an old favorite in the microwave. Try this recipe to warm your soul with the wonderful flavor and aroma of baked apples on a chilly day.

Classic Baked Apples – Updated!

2 servings
2 medium-sized apples
2 tablespoons raisins
4 teaspoons brown sugar
dash ground nutmeg

1 teaspoon butter or margarine

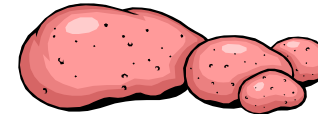
Peel the top half of the apples. Remove the cores.

Arrange apples in a microwaveable dish. Drop 1-tablespoon raisins into the cavity of each apple. Mix together sugar and nutmeg and sprinkle over and into apples. Top each apple with ½ teaspoon butter or margarine. Cover with plastic wrap and microwave on high 2 minutes. Turn baking dish a quarter turn and bake for an additional 2 to 3 minutes or until tender. Refrigerate uneaten apples for a quick warm-up in the microwave at a later meal. Enjoy!

Other Apple Treats!

- Need more ideas for adding apples to your day? Here are a few delicious ideas!
- Chop raw apples into small pieces. Add to hot breakfast cereal, together with raisins, nuts and a sprinkle of cinnamon!
- Core and cut apple into eight pieces. Spread peanut butter over each. Enjoy as a snack.
- Peel, core and slice apples. Cook in saucepan on low with a few teaspoons of water until very tender. Mash with potato masher or fork. Add sugar or cinnamon if desired. Enjoy warm, homemade applesauce on graham crackers, or in a bowl all by itself!

Potatoes



For home gardeners, there are few things more fun than digging potatoes up from the ground like buried treasure! These self-wrapped nutrition bundles are indeed great treasures of Vitamin C, fiber, energy and potassium.

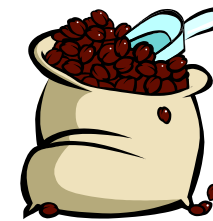
Baking or microwaving, the two easiest ways to prepare potatoes are also the best cooking methods to preserve their nutrients. The potato skin serves as a "treasure chest" to keep all the nutrients inside safe and intact until you break it open at meal time!

Red Potatoes are super steamed or "roasted" right on a cookie sheet

Yellow Finn or Yukon gold, are creamy when steamed or microwaved.

Remember when microwaving potatoes to cover on a microwave dish with plastic wrap or waxed paper. An alternate method is putting washed potatoes in a paper bag, or wrapping in a paper towel.

Hazelnuts



Nuts in the News!!

The new DASH
lowering blood

diet, recommended because of its proven effectiveness in pressure in people with high blood pressure, includes nuts two to three times per week. And that's good news for nut farmers in the northwest, where the majority of Hazelnuts, also known as Filberts, are grown.

Hazelnuts are small, round nuts rich in protein, healthy fats, fiber, B vitamins and potassium. Once shelled, their brown skin can be removed by first placing the nuts on a baking sheet in a 350 degree oven for about 10 minutes, or until they begin to release their oil. Transfer the warm nuts to a clean, dry kitchen towel, and rub to remove most of the skin.

Enjoy hazelnuts as a quick, nutritious snack, or add to hot cereal, cold cereal, tossed salads, fruit cups, puddings, rice dishes, and cooked vegetables.